

Local play dispels myths about disordered eating and unhealthy body image

Dr Vivienne Lewis and two Canberra community organisations band together to present 'any body's cool', an important one-off play that raises awareness about disordered eating and unhealthy body image, aimed at young people and their families in the ACT, on Thursday 4th of June from 6.30pm at the Belconnen Theatre.

Dr Vivienne Lewis, clinical psychologist, and expert in the promotion of well-being and positive body image in young people, will also give a short talk that reminds us 'to love the skin you're in' and that as well as peers, society and schools, parents play a significant role in promoting positive body image in their children'. 'any body's cool' is presented to the public by Mental Illness Education ACT (MIEACT) and the Eating Disorders Foundation of the ACT (EDFACT).

Directed by Catherine Mann, starring Hanna Cormick and Leah Baulch, 'any body's cool' was developed by people, who have lived with and experienced the silence and solitariness of disordered eating, as a gesture of hope and inspiration to other women who may tread the disordered eating continuum.

The public performance of the play is on **Thursday 4th of June, at 6.30pm at the Belconnen Theatre, Swanson Court. Entry by gold coin donation. All donations go to the Eating Disorders Foundation of the ACT.** The play is suitable for children 12 years and over
Enquiries/bookings: phone. 6257 1195

Please include the following if printing:

If you have body image concerns or feel your diet is adversely affecting your physical and/or psychological health, contact the **Eating Disorders Helpline on 1300 550 23**

Location: Belconnen Theatre, Swanson Court, Belconnen

Time: Thursday, 4th June 6.30pm to 7.30pm

Media: All welcome. Access from 6.00pm for **photo and interview opportunities with actresses including sets and props.** Background material will be available. **Interviews** with representatives of both Mental Illness Education ACT and the Eating Disorders Foundation ACT.

Contact: Lucinda Kershaw-Program Manager 040 403 1160 . On the day 6257 1195
AH or on the day: Jacqui Joyce Promotions Manager 040 791 0082